

Contents

Preface	vii
Run Like an Athlete	1
Baby Biomechanics—The Physics of Running	9
Microanatomy—What Are You Made Of?	27
Beyond the Mileage Log—There's More to It Than Running Hard Runs and Long Runs	53
Soft Tissue Mobility—Did Gumby Have It Right?	63
Dynamic Neuromuscular Strength—Make a Smarter, Stronger Spring	83
The Footwear Wrecking Ball is Swinging Back Hard, Folks— Don't Let It Smack You in the Head!	113
Essentials of Running Gait—The Human Slingshot	143
Assessment and Development of the Athlete Within— Redefining the Body You've Come to Know and Love	181
Putting Humpty Dumpty Back Together Again— Corrective Exercises	211
Conclusion	287
Gait Vocabulary	289
Strengthening References	291
Shoe References	293
Gait References	303